

# RAKUEN TRANSLATIONS

STATUS: ONGOING  
TYPE: WEBCOMIC  
URASUNDAY

## Danberu nan kiro moteru?

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URA SUNDAY  
COMICS  
SANDROVICH YABAKO  
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAP041 CLEANER: PAP041  
PROOFREADER: /A/NONYMOUS RAWS: /A/NONYMOUS REDRAWER: PAP041



# CHAPTER 30 - SIDE BENDS

THE THIRD SEMESTER HAS BEGUN, THE FIRST WEEKEND.

SINCE OUR PLANS ALIGN, NOW WITH THE NEW SEMESTER, WHY DON'T WE CELEBRATE?

KURE YAKUSHA  
(34-YEARS-OLD, MARRIED)

TACHIBANA-SENSEI, WHAT DO YOU WANNA EAT LATER?

AINA RUMIKA  
(30-YEARS-OLD, SINGLE)

OH, SORRY, I HAVE SOMETHING TO DO LATER...

TACHIBANA SATOMI  
(29-YEARS-OLD, SINGLE)

SOMETHING, HUH... WHAT THE HECK IS SHE DOING?

I'LL FOLLOW YOU GUYS AFTER, SO JUST START WITHOUT ME! OKAY, LATER THEN!





ダンベル  
何キヲ持てる?

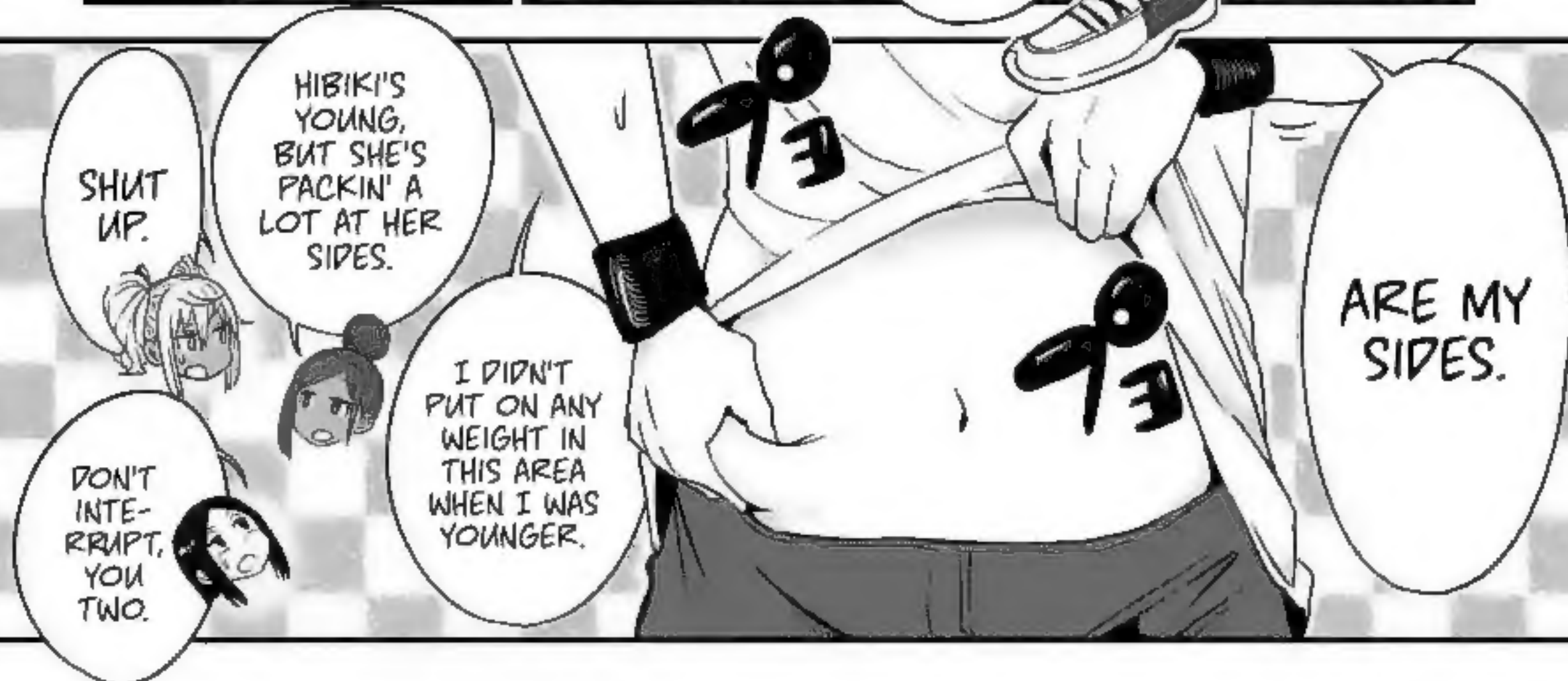










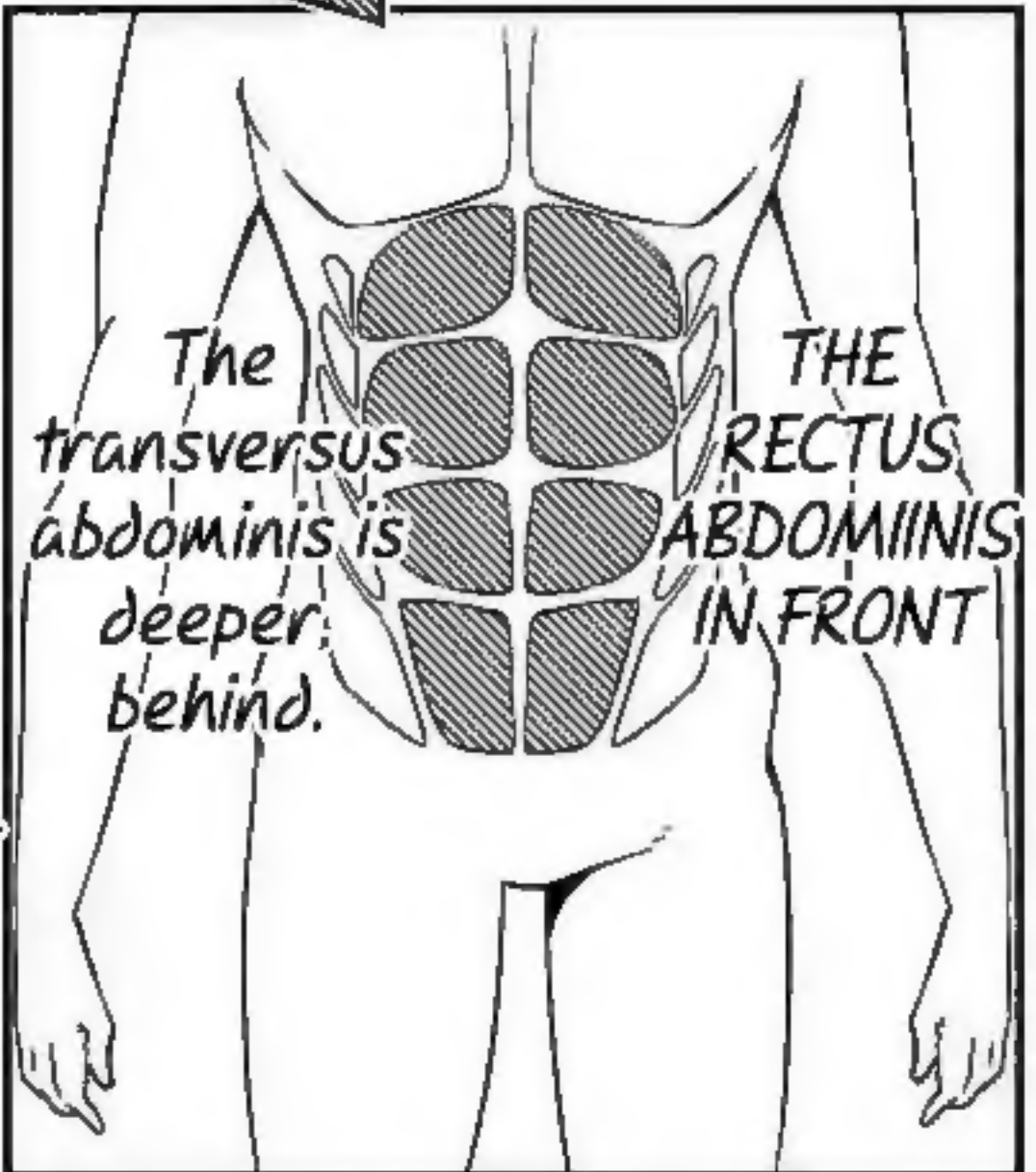
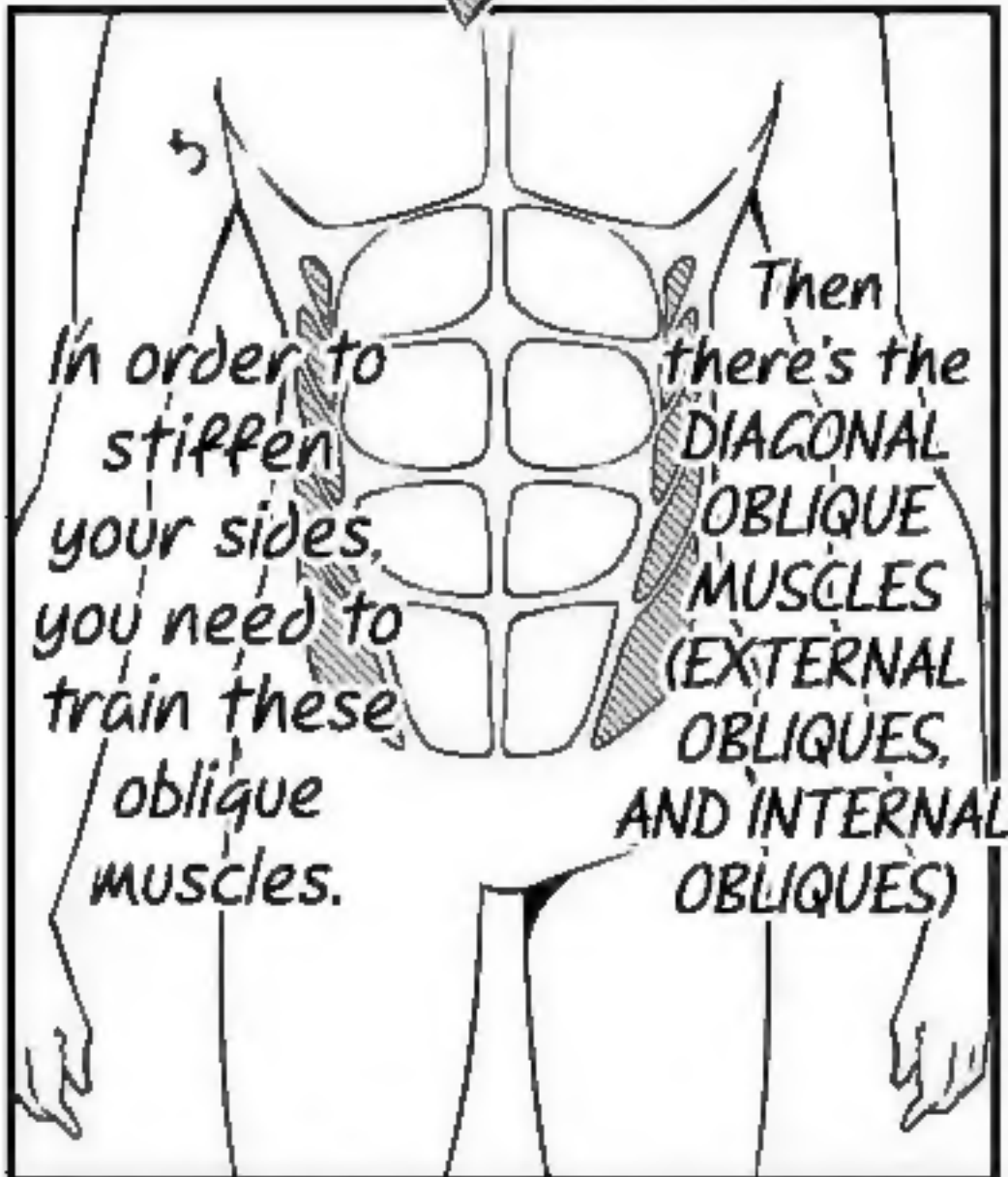






# ABDOMINAL MUSCLES

The abs are divided into four major parts.



There are some you can do without using equipment, like sit-ups which involve twisting your upper body.



-Touch your elbows to your opposite knee-

We will introduce you to a number of exercises that train your abdominals.



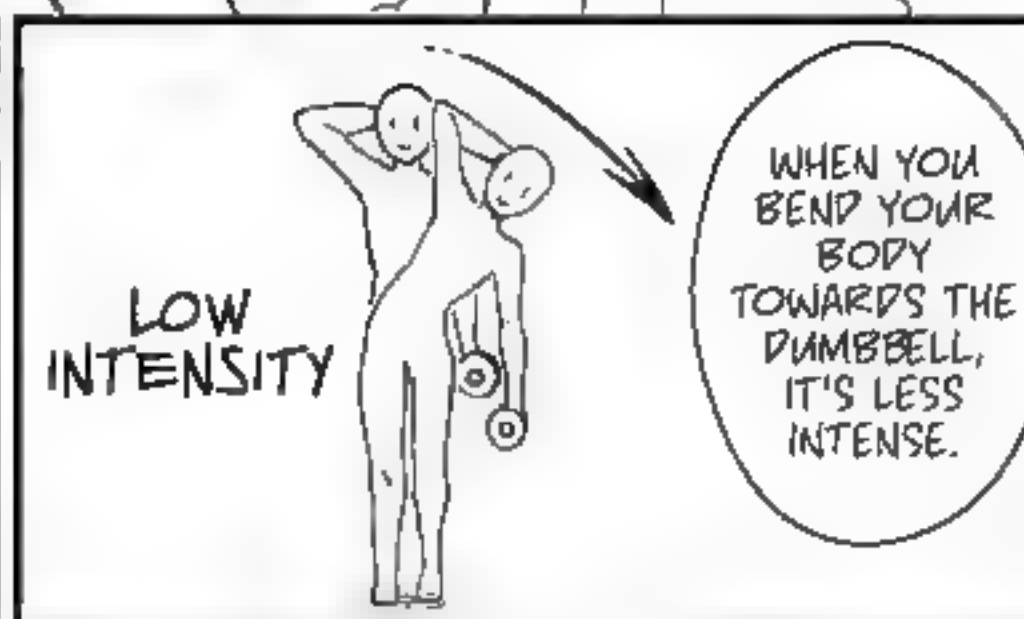




Let's aim to train  
not just your  
rectus abdominis,  
but also your  
obliques,  
so your entire  
belly is  
beautiful.







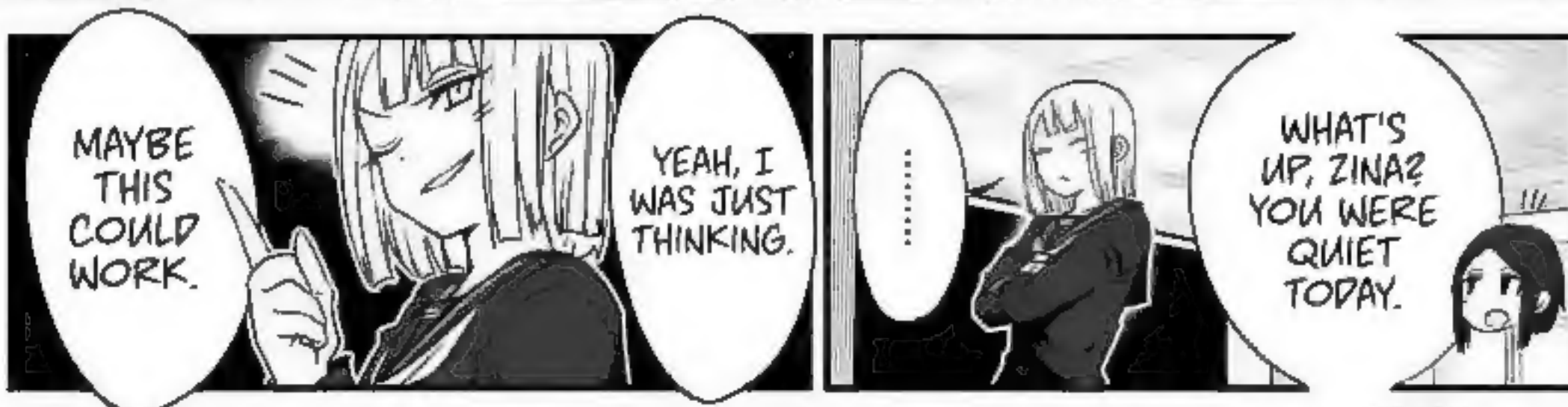
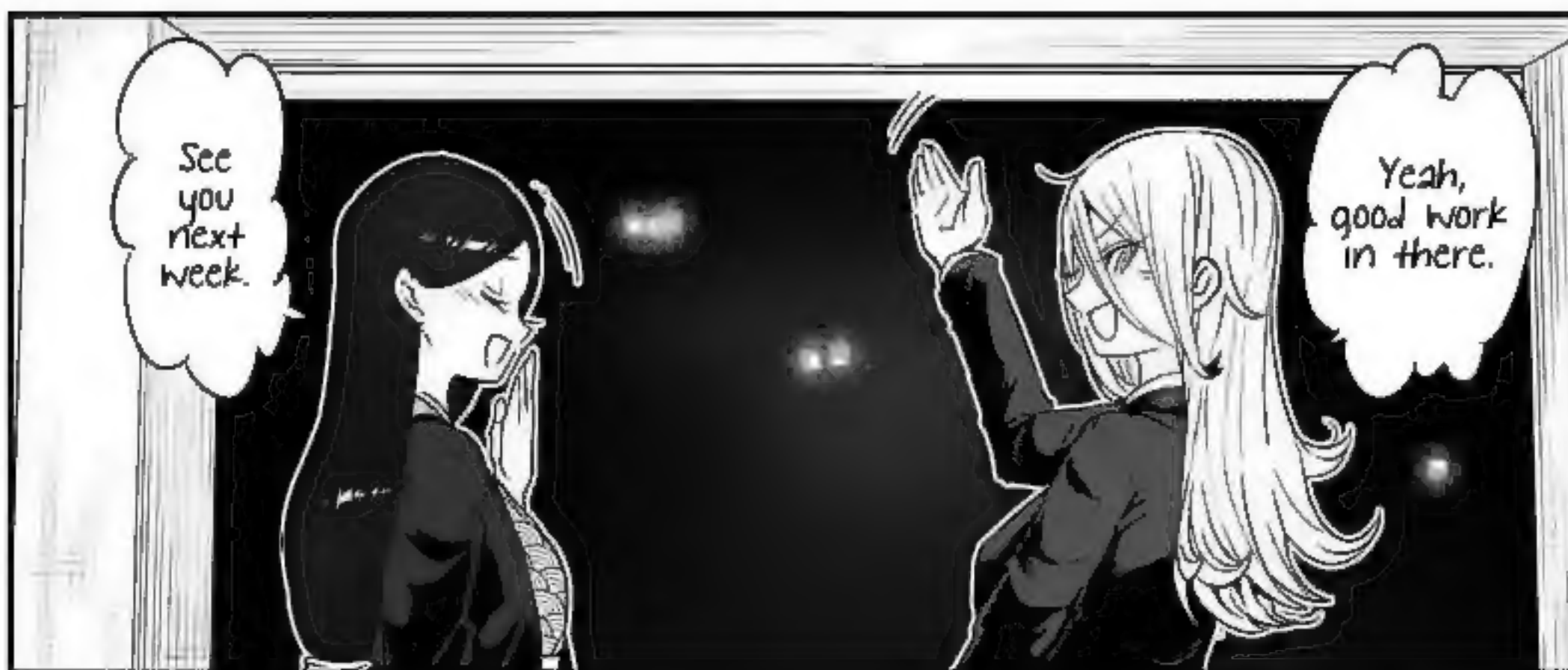
















## SAME BREED

